



Oven-Dried Tomato Tart with Goat Cheese and Black Olives

READY IN



45 min.

SERVINGS



8

CALORIES



380 kcal

Ingredients

- ☐ 2 large eggs
- ☐ 2 tablespoons thyme sprigs fresh divided minced
- ☐ 2 small garlic clove
- ☐ 4 ounces goat cheese fresh soft
- ☐ 0.3 cup olives black pitted
- ☐ 5 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 1 sheet puff pastry frozen thawed (half of 17.3-ounce package)
- ☐ 1 cup whole-milk mozzarella grated

- ☐ 0.3 cup whipping cream
- ☐ 6 medium tomatoes cored halved seeded

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ tart form

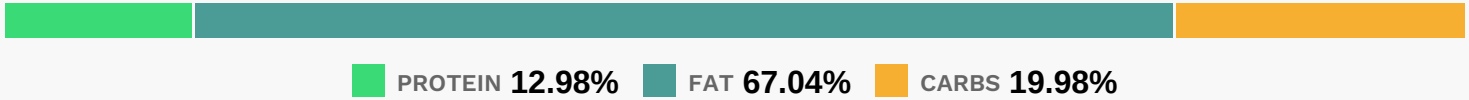
Directions

- ☐ Preheat oven to 300°F. Line rimmed baking sheet with foil; brush foil with 1 tablespoon oil.
- ☐ Place tomato halves, cut side up, on baking sheet.
- ☐ Sprinkle garlic and 1 tablespoon thyme over tomatoes; drizzle remaining 1/4 cup oil over.
- ☐ Sprinkle lightly with salt and pepper.
- ☐ Bake until tomatoes begin to shrink and are slightly dried but still soft, about 2 hours. Cool tomatoes on sheet. (Can be prepared 1 day ahead. Store in single layer in covered container in refrigerator.)
- ☐ Roll out pastry on lightly floured surface to 13-inch square.
- ☐ Transfer pastry to 9-inch-diameter tart pan with removable bottom, pressing pastry firmly onto bottom and sides of pan. Trim overhang to 3/4 inch. Fold overhang in and press, pushing crust 1/4 inch above pan. Pierce crust all over with fork; chill 30 minutes.
- ☐ Position rack in center of oven and preheat to 375°F. Line pastry with foil; fill with dried beans or pie weights.
- ☐ Bake until crust is set, about 20 minutes.
- ☐ Remove foil and beans; bake until crust edges are golden, piercing with fork if crust bubbles, about 12 minutes longer. Cool crust 10 minutes. Reduce oven temperature to 350°F.
- ☐ Meanwhile, using fork, mash mozzarella cheese, goat cheese, and remaining 1 tablespoon thyme together in medium bowl. Season with salt and pepper.

- ☐
- Add eggs and cream and stir until mixture is well blended.

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Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:8.57, Inflammation Score:-9, Nutrition Score:12.303043469139%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 379.5kcal (18.98%), Fat: 28.71g (44.17%), Saturated Fat: 8.67g (54.19%), Carbohydrates: 19.24g (6.41%), Net Carbohydrates: 16.98g (6.17%), Sugar: 3.29g (3.66%), Cholesterol: 65.05mg (21.68%), Sodium: 367.82mg (15.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.51g (25.02%), Vitamin A: 1276.08IU (25.52%), Selenium: 15.13µg (21.62%), Phosphorus: 209.68mg (20.97%), Calcium: 202.29mg (20.23%), Vitamin C: 15.72mg (19.05%), Vitamin K: 18.36µg (17.48%), Vitamin B2: 0.29mg (16.78%), Vitamin E: 2.39mg (15.93%), Manganese: 0.32mg (15.8%), Folate: 48.06µg (12.02%), Vitamin B1: 0.18mg (11.94%), Copper: 0.23mg (11.35%), Iron: 1.97mg (10.96%), Vitamin B3: 1.97mg (9.84%), Fiber: 2.27g (9.07%), Potassium: 298.7mg (8.53%), Zinc: 1.28mg (8.53%), Vitamin B6: 0.17mg (8.45%), Magnesium: 28.04mg (7.01%), Vitamin B12: 0.3µg (4.95%), Vitamin B5: 0.41mg (4.06%), Vitamin D: 0.43µg (2.88%)